

A week in the life of our Sociology student, Shamima



Hi I'm Shamima and I am a final year Sociology student here at the University of Manchester. I'm a student who lives at home and commutes to University. I chose to study Sociology at the University of Manchester due to wide variety of modules it offered that piqued my interest. For example, in my second year of study I was able to learn more about Western overconsumption through taking the Sustainability, Consumption & Global Responsibilities module. Also, the Sociology staff have made and continue to make my experience at the University of Manchester thoroughly enjoyable. Their dedication to ensuring that their teaching is not only engaging but relevant to the ever-changing world we live in today does not go unnoticed! This is one of the many reasons as to why I believe that the University of Manchester is a desirable place to come and study Sociology.

Formal study hours

Informal study hours

Student society

Part-time work

Social activities

Monday	9am – 11am Have breakfast and complete readings for mental health lecture	11am – 4pm Commute to part-time retail work and complete a 4-hour shift	7pm – 8pm Cook dinner and prepare my lunch for university	8pm – 9pm Prepare for a full day of university (pack bag + lunch, set alarms etc)	9pm – 11pm Read a novel and go to bed!
Tuesday	9am – 11am Have breakfast and complete readings for mental health lecture	11am – 2pm Commute to university and attend 2-hour Dissertation lecture	2pm – 4pm Have lunch and study with my friends in the main library	4pm – 6pm Attend Mental Health lecture	9pm – 11pm Read a novel and go to bed!
Wednesday	10am – 12pm Have breakfast and complete drugs & society readings	12pm – 4pm Volunteering	4pm – 6pm Go to my local library and complete dissertation readings	6pm – 8pm Watch a movie with my sister and order takeaway	9pm – 11pm Read a novel and go to bed!
Thursday	10am – 12pm Meet my friends for coffee and commute to university together	12pm – 2pm Attend Drugs & Society lecture	2pm – 3pm Have lunch in the Student Union with my friends	3pm – 4pm Drugs & Society tutorial	4pm – 9pm Commute home, have dinner and prepare for university tomorrow (do readings + pack)
Friday	9am – 10am Have breakfast and complete readings for mental health tutorial	10am – 12pm Commute to university and attend Mental Health tutorial	12pm – 2pm Complete blog for the university's homepage	2pm – 4pm Attend Dissertation supervision tutorial	4pm – 9pm Commute home and go out for a meal with my family !
Saturday	11am – 12pm Have breakfast and get ready for work	12pm – 4pm Commute to work and complete a 4-hour shift	4pm – 6pm Have lunch with my sister and go shopping	8pm – 9pm Have dinner	9pm – 11pm Read a novel and go to bed!
Sunday	11am – 12pm Meet my cousins for coffee	12pm – 4pm Volunteering	4pm – 6pm Plan and do readings for my dissertation	8pm – 9pm Plan my meals and to do list for the coming week	9pm – 11pm Read a novel and go to bed!